

Federação Portuguesa de Atletismo
Estatística - Jovem

"Ranking" de P Coberta (Juniões) 2008 / 2009



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Qualquer comentário ou correção a este ranking enviar a: casquinha.costa@fpatletismo.pt

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FEMININOS

JUNIORES

60 Metros (até 8,54) CNJ 8,3/8,54							
7,56	Eva	Vital	08-07-92	ACDRA	2	Pombal	21.02
7,58		Vital			1 el1	Pombal	21.02
7,59		Vital			2	Pombal	28.02
7,64		Vital			1 mf2	Pombal	28.02
7,64	Sara	Esteves	24-08-92	CAMz-VC	3	Pombal	28.02
7,67		Vital			1	Espinho	17.01
7,71		Esteves			2 mf2	Pombal	28.02
7,72		Esteves			2 s-ex	Espinho	31.01
7,73	Ungudi	Quiawacana	ANG 09-11-90	SLB	3 s1	Espinho	10.01
7,73		Vital			1 mf1	Espinho	17.01
7,73	Filipa	Martins	13-11-92	SLB	1 mf1	Espinho	24.01
7,73	Tânia	Duarte	15-07-90	FCP	2	Pombal	14.02
7,74		Martins			1	Espinho	24.01
7,76		Duarte			4	Pombal	28.02
7,77		Esteves			2	Espinho	24.01
7,77		Duarte			3 mf2	Pombal	28.02
7,77	Susana	Santos	20-09-90	ACDRA	2 mf3	Pombal	28.02
7,78		Duarte			1 mf2	Espinho	24.01
7,78		Esteves			1 s4	Espinho	31.01
7,78		Duarte			1	Pombal	07.02
7,78		Santos			5	Pombal	28.02
7,79		Martins			1 el2	Espinho	24.01
7,79		Duarte			3	Espinho	24.01
7,79		Duarte			1 el1	Pombal	07.02
7,81		Vital			1 s1	Pombal	06.02
7,81		Martins			1 s4-ex	Alpiarça	07.03
7,82		Martins			3 s1-ex	Espinho	10.01
7,83		Duarte			4 s1-ex	Espinho	10.01
7,83		Santos			3 s4	Espinho	31.01
7,83		Martins			1	Alpiarça	07.03
7,84		Esteves			2 mf2	Espinho	24.01
7,84		Santos			2	Pombal	14.02
7,85		Vital			1 el3	Espinho	17.01
7,85		Esteves			1 el5	Espinho	24.01
7,85		Quiawacana			4	Espinho	24.01
7,85		Santos			2	Pombal	07.02
7,93	Joana	Vitorino	30-05-92	CASM	8	Pombal	21.02
7,95	Bruna	Monteiro	10-02-92	GCB	2 s1	Braga	20.12.2008
7,99	Viviana	Couto	10-11-90	CARDES	4	Espinho	17.01
8,01	Débora	Clemente	09-11-94	SLB	1	Alpiarça	07.03
(10)							
8,02	Carla	Santos	12-03-91	JV	1 mf1	Pombal	03.01
8,05	Ilizandra	Lopes	28-02-92	CFB	5 mf1	Espinho	24.01
8,05	Joana	Lopes	13-10-91	CLAC	4 mf3	Pombal	28.02
8,06	Simone	Silva	18-01-93	GAF	1	Alpiarça	06.12.2008
8,06	Cristiana	Cunha	17-07-91	GS-RC	5 mf2	Pombal	28.02
8,06	Verónica	Cardoso	20-08-91	JOMA	5 mf3	Pombal	28.02
8,08	Sara	Dias	06-11-92	BA	4	Pombal	14.02
8,08	Sarah	Dias	15-02-95	JV	1 s1	Espinho	01.02
8,08	Diana	Cerqueira	09-04-93	CAMz-VC	3 s1-ex	Braga	04.01
8,09	Andreia	Crespo Oliveira	16-10-93	NDCG	1 el2	Espinho	17.01
(20)							
8,10	Cátia	Nunes	06-04-90	FCP	4	Pombal	07.02
8,14	Shaina Anthony	Mags	NIG 11-04-92	SCP	3 el3	Pombal	21.02
8,16	Nídia	Encarnação	13-05-91	GDE	6	Pombal	14.02

8,18	Cátia	Jacinto	26-08-92	GCAD	2 el2	Espinho	17.01
8,19	Rita	Lourenço	05-08-92	SCB	2	Braga	07.02
8,20	Ana Rita	Filipe	14-12-91	JV	6 el2	Pombal	21.02
8,20	Catarina	Silva	03-04-90	JAM	6 mf2	Pombal	28.02
8,20	INF Elizandra	Alberto	15-12-97	AATC	1 s2	Alpiarça	28.02
8,22	Joana	Costa	10-11-95	UAP	1 s3-ex	Alpiarça	07.03
8,23	Catarina	Amorim	03-05-92	JAM	3 el3	Espinho	17.01
(30)							
8,24	Rita	Santos	24-06-94	ACDCVC	2 s1	Espinho	01.02
8,27	Ana João	Oliveira	30-03-94	SCB	1 s1	Braga	13.12.2008
8,27	Camila	Carneiro	05-02-92	FCP	5 A	Braga	17.01
8,28	Susana	Azevedo	04-11-91	ARCBV	8 mf2	Espinho	24.01
8,29	Vanessa	Henriques	21-01-92	GAF	2	Alpiarça	28.02
8,30	Dorothe	Évora	28-05-91	SLB	6 el1	Pombal	07.02
8,30	Andreia	Pinto	16-04-93	CAMG	5	Pombal	14.02
8,31	Ana	Gomes	90	GRECAS	3 el3	Pombal	07.02
8,32	Sthephany	Simões	08-10-94	ACDI	3 s1	Espinho	01.02
8,33	Jessica	Ferrero	ANG 22-02-93	DE-EPV	4	Alpiarça	07.03
(40)							
8,34	Cátia	Rodrigues	12-02-92	SCB	3 s1	Braga	20.12.2008
8,36	Ana Rita	Pedreiras	27-01-93	GS-RC	7 el1	Pombal	21.02
8,36	Patrícia	Vaz	13-06-94	SRDE	4	Alpiarça	07.03
8,37	Ana Catarina	Almeida	21-01-94	CAMz-VC	1	Braga	14.02
8,38	Telma	Neto	12-10-92	ACRVC	5 el2	Espinho	24.01
8,39	Silvia	Soares	23-03-92	GS-RC	1 el1	Pombal	06.12.2008
8,39	Daniela	Ribeiro	04-11-94	JV	2 el1	Pombal	06.12.2008
8,39	Cíntia	Ferreira	28-05-92	SVB	4 el3	Espinho	17.01
8,40	Joana	Pinho	18-03-91	ACRV	2	Espinho	13.02
8,40	Tatiana	Rosário	94	GDRCC	5	Alpiarça	07.03
(50)							
8,41	Marlene	Bastos	20-08-92	CFUL	1-ex	Pombal	24.01
8,42	Flávia	Ribeiro	94	ESJD	4 s1	Espinho	01.02
8,42	Cyntia	Silva	21-07-91	CAMG	6 el3	Pombal	21.02
8,43	Jessica	Coutinho	25-09-94	CNRM	1 el1	Alpiarça	06.12.2008
8,43	Mariana	Cabral	12-07-93	CDFXI	1 el1	V.R.S.António	10.01
8,44	INF Sofia	Duarte	07-11-96	AATC	2 s2	Alpiarça	28.02
8,45	Nadine	Alexandre	27-08-94	SLB-F	ta	Alpiarça	07.02
8,45	Jussara	Spencer Silva	14-01-93	EBMDS	7 s4-ex	Alpiarça	07.03
8,46	Elsa	França	28-08-93	ARLVG	2 el2	Braga	17.01
8,47	Cristina	Silva	24-03-91	JOMA	6 el5	Espinho	24.01
(60)							
8,48	Déborá	Tavares	11-05-93	GCDS	5 el4	Espinho	17.01
8,48	Sara	Martins	13-11-91	FCP	4 el2	Braga	17.01
8,48	Camila	Lucena	07-08-94	CSM	6	Alpiarça	07.03
8,49	Joana	Villar	03-05-94	GDF	ex-el3	Alpiarça	06.12.2008
8,49	INF Teresa	Costa	96	EAMS	1 s1	Braga	20.12.2008
8,50	Diana	Nunes	01-01-92	ADRAB	1 s2	Espinho	31.01
8,50	Maria Manuel	Silva	95	ACM-C	7	Alpiarça	07.03
8,51	Eduarda	Isidoro	21-03-91	ACDRA	2 s-ex	Pombal	06.12.2008
8,51	Joana	Tilly	01-01-93	NDCG	7 el5	Espinho	24.01
8,52	Mª Inês	Tapadas	28-11-90	ADRAB	7 el2	Espinho	24.01
(70)							
8,52	Raquel	Guerreiro	24-01-94	BNSC	ta	Alpiarça	07.02
8,53	Márcia	Vieira	04-01-91	Lavra	4 el2	Braga	17.01
8,54	Kelly	Oliveira	25-01-92	ACDCVC	4 el1	Espinho	03.01
8,54	Anais	Baptista	25-06-94	JV	ta	Alpiarça	07.02
8,54	Daniela	França	02-08-95	FCP	1 s1	Espinho	13.02

200 Metros (até 28,54) CNJ 28,3/28,54

25,23	Ungudi	Quiawacana	ANG 09-11-90	SLB	1 s7	Espinho	25.01
25,40	Filipa	Martins	13-11-92	SLB	2 mf3	Pombal	01.03
25,55	Tânia	Duarte	15-07-90	FCP	2 s4	Espinho	31.01
25,55		Quiawacana			1 mf2	Pombal	01.03
25,55		Quiawacana			4	Pombal	01.03
25,59		T.			2 s7	Espinho	25.01
25,64		T.			1 s4	Pombal	08.02
25,67	Carla	Santos	12-03-91	JV	1 s1	Pombal	04.01
25,70		Martins			3 s7	Espinho	25.01
25,76	Susana	Santos	20-09-90	ACDRA	2 mf2	Pombal	01.03
25,77		S.			1 s1	Pombal	15.02
25,80		Martins			5	Pombal	01.03
25,90	Cátia	Nunes	06-04-90	FCP	1 s6	Espinho	25.01

25,92	Cátia	Jacinto	26-08-92	GCAD	2 s1	Espinho	18.01
25,93	Sara	Esteves	24-08-92	CAMz-VC	3 mf3	Pombal	01.03
25,99	S.	Santos			1 s3	Pombal	08.02
26,04	T.	Duarte			3 mf2	Pombal	01.03
26,05		Nunes			4 s4	Pombal	08.02
26,05	C.	Santos			4 mf3	Pombal	01.03
26,07	M.ª Carolina	Duarte	08-01-90	CFB	1 s2	Espinho	31.01
26,13		Santos			2 s6	Espinho	25.01
26,14	C.	Santos			2 s1	Pombal	15.02
26,20	S.	Santos			2 s3	Espinho	31.01
26,22	Sara	Dias	06-11-92	BA	1 s2	Pombal	15.02
(10)							
26,45	Liliana	Henriques	12-05-90	AJS	4 s3	Pombal	08.02
26,48	Cristiana	Cunha	17-07-91	GS-RC	2 s2	Pombal	15.02
26,53	Anna Maria	Rosa	24-12-92	CBF	2 s1	Espinho	31.01
26,67	Andreia	Crespo Oliveira	16-10-93	NDCG	1 s3	Espinho	25.01
26,69	Bruna	Monteiro	10-02-92	GCB	1 s4	Espinho	25.01
26,75	Joana	Lopes	13-10-91	CLAC	1 s2	Pombal	08.02
26,91	Catarina	Amorim	03-05-92	JAM	1 s1	Espinho	16.01
26,94	Verónica	Cardoso	20-08-91	JOMA	3 s6	Espinho	25.01
26,95	Maria Goreti	Silveira	25-10-91	JDAL	1 s1	Espinho	25.01
27,19	Diana	Cerqueira	09-04-93	CAMz-VC	3 s4	Espinho	31.01
(20)							
27,21	Dorothe	Évora	28-05-91	SLB	2 s2	Pombal	08.02
27,33	Joana	Pinho	18-03-91	ACRV	1 s1	Pombal	08.02
27,35	Sara	Martins	13-11-91	FCP	2 s1	Espinho	25.01
27,43	Catarina	Silva	03-04-90	JAM	5 s3	Pombal	08.02
27,46	Miriam	Tavares	14-05-91	ACDRA	2 s1	Pombal	08.02
27,48	Ana Rita	Filipe	14-12-91	JV	3 s1	Pombal	08.02
27,50	Silvia	Soares	23-03-92	GS-RC	3 s1	Espinho	25.01
27,52	Rita	Lourenço	05-08-92	SCB	3 A	Braga	18.01
27,58	Kelly	Oliveira	25-01-92	ACDCVC	4 s7	Espinho	25.01
27,69	Andreia	Pinto	16-04-93	CAMG	3 s1	Pombal	15.02
(30)							
27,70	Susana	Azevedo	04-11-91	ARCBV	4 s1	Espinho	25.01
27,77	Telma	Neto	12-10-92	ACRVC	2 s1	Espinho	16.01
27,81	M.ª Luísa	Correia	18-05-92	ESCMOV	1 B	Braga	18.01
27,85	Mª Inês	Tapadas	28-11-90	ADRAB	2 s2	Espinho	25.01
27,93	Cátia	Rodrigues	12-02-92	SCB	5 s3	Espinho	25.01
28,02	Claudina	Borges	CPV 14-08-91	SLB	3 s1-ex	Pombal	20.12.2008
28,04	Ana Queiroz	Alves	07-10-94	JV	2	Pombal	07.12.2008
28,09	Anais	Baptista	25-06-94	JV	3	Pombal	07.12.2008
28,11	Vanda	Pinto	15-09-93	SCB	2 s2	Braga	20.12.2008
28,15	Camila	Carneiro	05-02-92	FCP	1 s2-ex	Braga	04.01
(40)							
28,30	Cristina	Rodrigues	19-10-91	CAMz-VC	5 s6	Espinho	25.01
28,35	Ana Cláudia	Almeida	04-04-91	ADS	3 s2	Espinho	16.01
28,42	Eduarda	Isidoro	21-03-91	ACDRA	4 s5	Espinho	25.01
28,44	Daniela	Lopes	02-03-91	GS-RC	3 s3	Espinho	18.01
28,44	Olga	Santos	07-03-93	UDZA	4 s5	Espinho	31.01
28,47	Vera	Castro	23-10-92	EBPGS	2 B	Braga	18.01
28,50	Fani	Ferreira	92	BA	3	Pombal	10.01
28,51	Daniela	Ribeiro	04-11-94	JV	4	Pombal	07.12.2008

Com marcas manuais

27,1	Silvia	Soares	23-03-92	GS-RC	1 e11	Pombal	07.12.2008
27,3	Cristiana	Cunha	17-07-91	GS-RC	1 s2-ex	Pombal	07.12.2008

300 Metros (até 47,44)

43,96	Catarina	Amorim	03-05-92	JAM	1	Espinho	28.12.2008
44,14	Kelly	Oliveira	25-01-92	ACDCVC	2	Espinho	28.12.2008
45,13	Bruna	Silva	14-11-94	JV	1 s1-ex	Pombal	24.01
45,41	Mariana	Correia	07-10-94	NDCG	2 s1-ex	Pombal	24.01
45,53	Vera	Castro	23-10-92	EBPGS	1-ex	Braga	31.01
45,64	Marlene	Bastos	20-08-92	CFUL	1 s3-ex	Pombal	24.01
46,21	Ana Rita	Rodrigues	30-07-92	ACRDE	2 s3-ex	Pombal	24.01
46,35	Elsa	França	28-08-93	ARLVG	2-ex	Braga	31.01
46,58	Inês	Correia	94	NDCG	1 s2-ex	Pombal	24.01

400 Metros (até 64,24) CNJ 63,0/63,14							
56,28	Joceline	Monteiro	10-05-90	SCP	2 s1	Pombal	21.02
56,50		Monteiro			2 s3	Pombal	28.02
56,61	Cátia	Nunes	06-04-90	FCP	2 s5	Espinho	31.01
57,09		Nunes			1 s3	Espinho	24.01
57,28		Nunes			4 s3	Pombal	28.02
57,56		Monteiro			3 s1	Espinho	10.01
58,11	Liliana	Henriques	12-05-90	AJS	3 s1	Pombal	21.02
58,12	M.ª Carolina	Duarte	08-01-90	CFB	4 s1	Pombal	21.02
58,32		Henriques			2 s3	Espinho	24.01
58,39		Duarte			2 s2	Pombal	28.02
58,43		Duarte			1 s2	Pombal	07.02
58,52		Henriques			4 s3	Pombal	07.02
59,34	Carla	Santos	12-03-91	JV	2 s2	Pombal	21.02
59,43	Nádia	Gaspar	07-10-90	SLB	1 s1	Pombal	28.02
59,48	Susana	Godinho	05-07-92	ARBV	1	Braga	17.01
59,81	Cátia	Jacinto	26-08-92	GCAD	1 s2	Espinho	24.01
59,91	Marta	Pen Freitas	31-07-93	EBMDS	3 s1	Pombal	28.02
60,29	Cristiana	Cunha	17-07-91	GS-RC	2 s4	Espinho	31.01
(10)							
60,82	Miriam	Tavares	14-05-91	ACDRA	2 s3	Espinho	31.01
60,87	Maria Goreti	Silveira	25-10-91	JDAL	2 s2	Espinho	24.01
61,06	Vanda	Pinto	15-09-93	SCB	1 eI2	Braga	17.01
61,45	Anna Maria	Rosa	24-12-92	CBF	5 s2	Espinho	24.01
61,95	Ana	Correia	CPV 29-12-90	LIFC	6 s3	Espinho	24.01
62,00	Mariana	Brás	29-11-93	SCUT	1 s1	Espinho	24.01
62,07	Catarina	Amorim	03-05-92	JAM	3 s3	Espinho	31.01
62,72	Cristina	Rodrigues	19-10-91	CAMz-VC	2 s2	Braga	13.12.2008
62,77	Ana Rita	Fernandes	20-04-93	ACDRA	1 s6	Espinho	10.01
63,03	Joana	Lopes	13-10-91	CLAC	3 s1	Espinho	24.01
(20)							
63,41	Nádia	Silva	29-03-90	CAMG	5 s2	Pombal	21.02
63,78	Joana	Mendes	05-11-92	ADCCJ	2 s3	Espinho	17.01
63,89	Olga	Santos	07-03-93	UDZA	3 s2	Espinho	31.01
63,92	Catarina	Vieira	08-05-91	CAMG	1 s2	Espinho	17.01
63,92	Daniela	Lopes	02-03-91	GS-RC	3 s3	Espinho	17.01
63,95	Sara	Dias	06-11-92	BA	2 s1	Pombal	19.12.2008

800 Metros (até 2.32,00) CNJ 2.26,00							
2.13,08	Diana	Freitas	01-11-91	ARBV	2 s2	Pombal	01.03
2.13,80	Solange	Fernandes	31-07-91	SLB	3	Pombal	21.02
2.14,92	Susana	Godinho	05-07-92	ARBV	3 s2	Pombal	01.03
2.15,35	Mariana	Brás	29-11-93	SCUT	5 s2	Pombal	01.03
2.16,14	Diana	Soares	02-08-92	ARBV	2 s1	Braga	18.01
2.16,15		Freitas			2	Pombal	08.02
2.16,30		Fernandes			3	Pombal	08.02
2.16,38		Godinho			1 s2	Espinho	25.01
2.16,67		Freitas			2 s2	Espinho	25.01
2.16,76	Liliana	Henriques	12-05-90	AJS	3 s2	Espinho	25.01
2.16,88		Godinho			3 s1	Braga	18.01
2.18,33		Brás			4 s2	Espinho	25.01
2.18,51	Marta	Pen Freitas	31-07-93	EBMDS	2 s1	Pombal	01.03
2.18,69		Fernandes			5 s2	Espinho	25.01
2.19,57	Vanda	Pinto	15-09-93	SCB	6 s2	Espinho	25.01
2.20,51	Sónia Catarina	Lima	10-05-90	UDV	4 s1	Pombal	01.03
2.20,85	Liliana Sofia	Almeida	24-04-90	SCB	4 s1	Aubière	31.01
(10)							
2.21,29	Ana Rita	Fernandes	20-04-93	ACDRA	3	Pombal	15.02
2.22,31	Marisa	Ferreira	20-08-92	UDV	8 s2	Espinho	25.01
2.22,89	Marta	Martins	15-01-92	ARBV	1	Braga	07.02
2.23,70	Joana	Domingos	15-11-93	ACDRA	1 s1	Espinho	25.01
2.24,48	Ana	Correia	CPV 29-12-90	LIFC	2 s1	Espinho	25.01
2.24,73	Cátia	Santos Leitão	09-10-92	CABB	3 s1	Espinho	25.01
2.25,61	Cátia	Dias	16-04-90	UDV	4 s1	Espinho	25.01
2.25,81	Soraia	Lopes	10-04-92	BA	5	Pombal	15.02
2.25,99	Fátima	Rodrigues	14-02-91	CRAL	3-ex	Pombal	20.12.2008
2.26,07	Joana	Mendes	05-11-92	ADCCJ	1 s2	Espinho	18.01
(20)							
2.26,40	Ana Patrícia	Caldas	31-10-94	SCB	1-ex	Braga	31.01
2.26,65	Rita	Lopes	18-03-94	SCB	2 s2	Braga	13.12.2008
2.27,09	M.ª João	Chinita	20-03-90	CFB	1 s2	Braga	24.01
2.27,84	Joana	Fernandes	11-09-92	SCB	4	Braga	13.12.2008

2.27,96	Nadine	Leite	13-07-90	JAM	5 s2	Espinho	31.01
2.28,09	Nádia	Silva	29-03-90	CAMG	6	Pombal	15.02
2.28,18	Joana	Correia	19-06-93	UDZA	6	Pombal	21.02
2.28,31	Jessica	Abranches	28-09-92	ACRSD	3 s2	Espinho	18.01
2.28,43	Bárbara	Ferreira	09-12-91	SCB	4 s1	Braga	18.01
2.28,95	Carla	Oliveira	15-09-93	CNC	2-ex	Braga	24.01
(30)							
2.29,23	Catarina	Rodrigues	21-07-94	SCB	3 s2	Braga	13.12.2008
2.29,62	Daniela	Gonçalves	09-06-93	ARBV	5 s1	Braga	18.01
2.29,80	Lúcia	Ribeiro	03-01-91	CAOV	6 s1	Braga	18.01
2.29,91	Sylvie	Ascensão	17-07-92	CPP	1 s1	Pombal	04.01
2.30,33	Jessica	Pires	10-12-93	ADREP	5 s2	Espinho	18.01
2.30,39	Sofia	Ferreira	04-03-91	GS-RC	6 s2	Espinho	18.01
2.30,69	Ana Paula	Sousa	27-04-91	GRECAS	6 s2	Espinho	31.01
2.31,44	Catarina	Vieira	08-05-91	CAMG	7 s2	Espinho	31.01
2.31,63	Susana	Rosa	27-07-91	ADERCUS	1 s2	Espinho	16.01
2.31,68	Susana	Fonseca	06-01-94	SSSJM	1-ex	Espinho	03.01

1000 Metros (até 3.10,00)

2.53,33	Diana	Soares	02-08-92	ARBV	1 s1	Braga	03.01
2.57,65		Soares			1	Braga	27.12.2008
2.58,15	Susana	Godinho	05-07-92	ARBV	2 s1	Braga	03.01
2.59,99	Marisa	Ferreira	20-08-92	UDV	3 s1	Braga	03.01
3.02,02	Ana Patrícia	Caldas	31-10-94	SCB	1 s1	Braga	03.01
3.03,33	Sara	Sousa	16-05-95	ARLVG	2 s1	Braga	03.01
3.03,62	Sónia Catarina	Lima	10-05-90	UDV	1 s-ex	Braga	03.01
3.04,35	Daniela	Cunha	30-04-90	UDV	1 s2	Espinho	27.12.2008
3.05,90	Eugénia	Peixoto	10-06-93	UDV	4 s1	Braga	03.01
3.06,45	Vanda	Pinto	15-09-93	SCB	3	Braga	27.12.2008
3.06,73	Cátia	Dias	16-04-90	UDV	3 s2	Espinho	27.12.2008
(10)							
3.09,20	Rita	Lopes	18-03-94	SCB	3 s1	Braga	03.01
3.09,23	Marta	Martins	15-01-92	ARBV	4	Braga	27.12.2008

1500 Metros (até 5.05,00) CNJ 5.00,00

4.29,56	Daniela	Cunha	30-04-90	UDV	2 s1	Braga	17.01
4.31,13	Diana	Freitas	01-11-91	ARBV	8	Pombal	28.02
4.31,21	Diana	Soares	02-08-92	ARBV	9	Pombal	28.02
4.31,78		Soares			4 s1	Braga	17.01
4.33,63		Cunha			1	Espinho	24.01
4.35,42		Cunha			2	Pombal	07.02
4.36,13		Freitas			3	Pombal	07.02
4.40,05	Marisa	Ferreira	20-08-92	UDV	2	Espinho	24.01
4.45,86	Sónia Catarina	Lima	10-05-90	UDV	4	Espinho	24.01
4.45,97	Marta	Martins	15-01-92	ARBV	5	Espinho	24.01
4.48,73	Eugénia	Peixoto	10-06-93	UDV	6	Espinho	24.01
4.51,79	Solange	Fernandes	31-07-91	SLB	7	Espinho	24.01
4.53,58	Joana	Domingos	15-11-93	ACDRA	8	Espinho	24.01
4.55,15	Catarina	Carvalho	01-03-92	UDZA	1	Pombal	03.01
(10)							
4.57,09	Vanda	Pinto	15-09-93	SCB	3-ex	Braga	04.01
4.58,68	Sofia	Almeida	30-04-91	FCV	1 s2	Braga	17.01
4.58,99	Maria Joaquina	Gonçalves	28-11-91	SCB	9 s1	Braga	17.01
4.59,46	Bárbara	Ferreira	09-12-91	SCB	2 s2	Braga	17.01
5.01,10	Susana	Rosa	27-07-91	ADERCUS	3	Espinho	09.01
5.01,8	Ana Queiroz	Alves	07-10-94	JV	1 s2	Pombal	06.12.2008
5.04,12	Lúcia	Ribeiro	03-01-91	CAOV	3 s2	Braga	17.01
5.04,67	Catarina	Gonçalves	11-09-93	UDV	6 s	Braga	20.12.2008
5.04,67	Sueli	Gomes	31-10-94	UDV	1	Braga	20.12.2008

Milha

5.49,41	Cristiana	Silva	16-08-90	ACDRA	1	Pombal	10.01
6.38,94	Soraia	Mota	27-06-90	BA	2	Pombal	10.01

3000 Metros (até 11.20,00) CNJ 11.10,0

9.42,91	Diana	Soares	02-08-92	ARBV	4	Pombal	01.03
9.44,59	Daniela	Cunha	30-04-90	UDV	1	Espinho	25.01
9.46,32		Cunha			1	Pombal	08.02
9.53,63		Cunha			1-ex	Braga	04.01

10.01,42	Sara Catarina	Ribeiro	31-05-90	FCV	2	Espinho	25.01
10.03,60	Susana	Godinho	05-07-92	ARBV	1	Braga	07.02
10.03,62	Eugénia	Peixoto	10-06-93	UDV	3	Espinho	25.01
10.08,40	Marta	Martins	15-01-92	ARBV	4	Espinho	25.01
10.22,09	Diana	Freitas	01-11-91	ARBV	2	Braga	13.12.2008
10.26,63	Ana Paula	Rodrigues	12-05-91	CAR-S	7	Espinho	31.01
10.33,98	Catarina	Carvalho	01-03-92	UDZA	8	Espinho	31.01
10.47,26	Sofia	Almeida	30-04-91	FCV	3	Braga	13.12.2008
(10)							
10.51,01	Lúcia	Ribeiro	03-01-91	CAOV	8	Espinho	25.01
10.53,04	Bárbara	Ferreira	09-12-91	SCB	3	Braga	27.12.2008
10.53,25	Maria Joaquina	Gonçalves	28-11-91	SCB	3	Braga	18.01
10.53,45	Joana	Domingos	15-11-93	ACDRA	10	Espinho	31.01
10.54,07	Cátia	Lopes	11-06-93	SSSJM	9	Espinho	25.01
11.03,51	Ana Carolina	Matias	06-12-91	BA	7	Espinho	18.01
11.06,16	M. ^a João	Chinita	20-03-90	CFB	11	Espinho	25.01
11.06,37	Joana	Fernandes	11-09-92	SCB	1	Braga	10.01
11.10,49	Helena	Alves	04-11-92	FCV	4	Braga	13.12.2008
11.11,11	Sónia	Carvalho	05-10-90	ADAM	5	Braga	18.01
(20)							
11.11,39	Soraia	Lopes	10-04-92	BA	4	Pombal	21.02
11.13,97	Carla	Vieira	12-12-91	ACBU	4	Espinho	04.01
11.14,27	Inês	Nobre	30-04-92	JV	9	Espinho	18.01
11.15,00	Vanessa	Sousa Rocha	04-08-90	CAOV	6	Braga	18.01
11.15,05	Diana	Neves	21-02-93	ARLVG	7	Braga	18.01
11.17,27	Sara	Couto	04-07-92	ADRLCE	11	Espinho	18.01

60 Metros Barreiras(0,84) (até 10,74) CNJ 10,2/10,44

8,56	Eva	Vital	08-07-92	ACDRA	1	Pombal	01.03
8,57		Vital			1	Pombal	14.02
8,60		Vital			1 s3	Espinho	31.01
8,63		Vital			1	Espinho	25.01
8,72		Vital			1 s1	Espinho	10.01
8,76		Vital			1 el2	Espinho	25.01
8,86		Vital			1 mf2	Pombal	01.03
8,89		Vital			1	Espinho	18.01
8,93		Vital			1 mf3	Espinho	18.01
9,18	Sara	Esteves	24-08-92	CAMz-VC	2	Espinho	25.01
9,26	Cristiana	Cunha	17-07-91	GS-RC	2 mf1	Pombal	01.03
9,27		Esteves			1 el1	Braga	18.01
9,27		Esteves			1 el3	Espinho	25.01
9,29		Cunha			6	Pombal	01.03
9,37	Vanessa	Rocha	02-01-90	GDE	4 s3	Espinho	31.01
9,41	Shaina Anthony	Mags	NIG 11-04-92	SCP	2 el2	Espinho	25.01
9,44	Carla	Gama	24-11-90	SLB	6 s1	Espinho	10.01
9,55	Nádia	Gaspar	07-10-90	SLB	3 mf2	Pombal	08.02
9,63	Anabela	Neto	25-03-91	SCP	4 s-ex	Espinho	31.01
9,63	Márcia	Vieira	04-01-91	Lavra	5 mf2	Pombal	01.03
9,73	Ana Rita	Pedreiras	27-01-93	GS-RC	1 s2	Espinho	31.01
(10)							
9,74	Sofia	Melo	20-01-92	CDEP	5 mf1	Pombal	01.03
9,84	Andreia	Crespo Oliveira	16-10-93	NDCG	4 el2	Espinho	25.01
10,10	Cristiana	Silva	24-03-91	JOMA	4 el1	Espinho	25.01
10,15	Ana Cláudia	Faria	11-04-90	ACDRA	6	Espinho	18.01
10,20	Ana Patrícia	Inácio	11-02-91	CAMG	2 s2	Espinho	31.01
10,26	Débora	Tavares	11-05-93	GCDS	3 mf3	Espinho	18.01
10,27	Elisabete	Silva	25-04-92	COD	5 el1	Espinho	25.01
10,28	Tânia	Tristão	03-01-92	CPP	1	Pombal	04.01
10,37	Carla	Pinhão	21-04-90	FCP	3	Braga	18.01
10,38	Nanci	Sousa	28-09-90	JV	p	Pombal	27.12.2008
10,38	M. ^a Carolina	Duarte	08-01-90	CFB	1 s1	Espinho	31.01
(20)							
10,41	Joana	Araújo	05-01-90	SCB	1-ex	Braga	10.01
10,49	Ana Rita	Ferreira	28-01-91	ACDRA	2	Pombal	20.12.2008
10,54	Virginie	Meira	01-06-91	CAMz-VC	4 el1	Braga	18.01
10,54	Ana Rita	Rodrigues	30-07-92	ACRDE	4 mf3	Espinho	18.01
10,58	Cátia	Costa	29-04-91	MKED	6 el3	Espinho	25.01
10,59	Cátia	Rodrigues	12-02-92	SCB	5 el2	Espinho	25.01
10,60	Ania	Marouço	07-01-93	CAMG	4	Pombal	04.01
10,64	Andreia	Nicolau	01-02-91	UAG	5 mf2	Espinho	18.01
10,65	Claudina	Borges	CPV 14-08-91	SLB	3 s3	Espinho	10.01
10,66	Sofia	Pereira	17-07-93	BA	6 mf2	Espinho	18.01

(30)							
10,68	Mariana	Oliveira	04-04-92	ACRZA	6 s2	Espinho	10.01
10,68	Andreia	Carvalho	22-07-90	JAM	3 s1	Espinho	31.01
10,71	Teresa	Paulo	ANG 21-07-92	GRECAS	1 mf2	Espinho	04.01

Altura (até 1,48) CNJ 1,50

1,63	Ana M.	Fartaria Oliveira	18-07-95	GAF	1	Alpiarça	21.03
1,62	Anabela	Neto	25-03-91	SCP	p	Espinho	28.12.2008
1,62		Neto			2	Espinho	13.02
1,60		Fartaria Oliveira			1	Pombal	06.02
1,60	Magali	Gomes	01-01-91	EBMDS	4	Pombal	01.03
1,59	Rute	Lopes	17-02-92	GS-RC	t	Pombal	24.01
1,57	Ana	Monjane	01-01-93	SCB	1	Braga	03.01
1,57	Ana Rita	Pereira	14-05-91	SCB	4	Espinho	31.01
1,56	Alexandra	Marques	30-07-91	GRECAS	p	Espinho	28.12.2008
1,55	Ana Rita	Pedreiras	27-01-93	GS-RC	t	Pombal	24.01
1,54	Ana	Vasconcelos	18-07-92	ACDRA	t	Pombal	28.12.2008
1,50	Beatrysa	Lyashchenko	UKR 21-06-91	CAMG	1	Pombal	20.12.2008

(10)

1,50	Sara	Esteves	24-08-92	CAMz-VC	2	Braga	03.01
1,50	Cátia	Costa	29-04-91	MKED	7	Espinho	25.01
1,50	Inês	Dias	20-05-94	CARDES	1	Viseu	28.02
1,50	Patrícia	Carreira	26-05-93	GAF	1	Alpiarça	21.03
1,49	Isabel	Vieira	25-02-93	FCP	t	Braga	17.01
1,49	INF Nicole	Marques	01-01-96	SCP	1	S.A.Cavaleiros	28.02
1,48	Tariana	Batista	23-01-95	NDJL	2	Alcanena	23.11.2008
1,48	Camila	Lucena	07-08-94	CSM	2	Alpiarça	07.03

Atletas juniores até 31-12-2008

1,67	Cláudia	Rodrigues	11-11-89	COD	1	Alcanena	23.11.2008
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Vara (até 2,00) CNJ 2,10

3,44	Marta	Onofre	28-01-91	SLB	5	Pombal	28.02
3,30		Onofre			1	Espinho	24.01
3,20		Onofre			2	Espinho	11.01
2,90	Carla	Macedo	22-10-90	GDE	5	Pombal	14.02
2,75	Nanci	Sousa	28-09-90	JV	5	Espinho	11.01
2,70	Mariana	Pandeirada	10-06-90	GRECAS	1	Espinho	03.01
2,60	Sarina	Santos	24-09-91	CAR-S	8	Espinho	31.01
2,50	Carolina	Pandeirada	21-10-93	GRECAS	2	Espinho	17.01
2,45	Alina	Zhepko	UKR 23-06-93	CAT	9	Espinho	11.01
2,45	Ana Filipa	Silva	09-03-93	CAMG	10	Espinho	11.01
2,40	Ana Patrícia	Silva	28-11-93	CAMG	2	Pombal	03.01
2,40	Ana	Vasconcelos	18-07-92	ACDRA	4	Espinho	17.01

(10)

2,30	Claudia	Ramoa	01-04-90	SCB	1	Braga	27.12.2008
2,28	Cristiana	Cardoso	13-07-91	JAM	9	Pombal	07.02
2,20	Fabiana	Mota	23-03-90	JV	4	Pombal	19.12.2008

Comprimento (até 4,95) CNJ 5,00

5,83	Eva	Vital	08-07-92	ACDRA	1	Espinho	31.01
5,78	Ungudi	Quiawacana	ANG 09-11-90	SLB	1	Espinho	24.01
5,77		Vital			2	Pombal	14.02
5,71	Shaina Anthony	Mags	NIG 11-04-92	SCP	1	Espinho	11.01
5,69		Mags			3	Pombal	28.02
5,68		Mags			4	Espinho	31.01
5,66		Mags			2	Espinho	24.01
5,60		Quiawacana			3	Espinho	11.01
5,53	Carla	Gama	24-11-90	SLB	p	Pombal	01.03
5,50	Vanessa	Rocha	02-01-90	GDE	4	Pombal	14.02
5,49	Sara	Esteves	24-08-92	CAMz-VC	4	Pombal	28.02
5,45	Stenia	Bentugal	GBS 25-11-92	CASM	3	Espinho	24.01
5,31	Claudina	Borges	CPV 14-08-91	SLB	4	Espinho	24.01
5,31	Vanessa	Henriques	21-01-92	GAF	5	Espinho	24.01
5,20	Anabela	Neto	25-03-91	SCP	1	Espinho	13.02

(10)

5,17	Jussara	Spencer Silva	14-01-93	EBMDS	7	Espinho	24.01
5,02	Andreia	Nicolau	01-02-91	UAG	8	Espinho	24.01
4,96	Sandra	Rodrigues	24-07-91	CBF	1	V.R.S.António	10.01

Triplo (até 10,00) CNJ 10,40

12,33	Vanessa	Rocha	02-01-90	GDE	4	Pombal	01.03
12,12		Rocha			4	Pombal	15.02
11,97	Sara	Esteves	24-08-92	CAMz-VC	3	Espinho	31.01
11,94		Rocha			1	Espinho	25.01
11,90	Shaina Anthony	Mags	NIG 11-04-92	SCP	2	Espinho	25.01
11,87		Rocha			2	Pombal	08.02
11,84		Mags			4	Espinho	31.01
11,81		Esteves			3	Espinho	25.01
11,81		Rocha			5	Espinho	31.01
11,77		Mags			7	Pombal	01.03
11,66		Esteves			1	Braga	18.01
11,64	Anabela	Neto	25-03-91	SCP	1-ex	Espinho	16.01
11,60		Neto			4	Espinho	25.01
11,32	Claudina	Borges	CPV 14-08-91	SLB	5	Espinho	25.01
11,25	Liliana	Jorge	03-01-91	JV	2	Pombal	15.02
11,24	Marta	Onofre	28-01-91	SLB	4	Pombal	08.02
11,15	Ana	Borges	12-09-90	SCB	1	Braga	20.12.2008
11,15	Ana	Vasconcelos	18-07-92	ACDRA	3	Pombal	15.02
11,11	Carla	Pinhão	21-04-90	FCP	2-ex	Espinho	16.01
(10)							
11,11	Nídia	Encarnação	13-05-91	GDE	7	Espinho	25.01
10,95	Ana Patrícia	Silva	28-11-93	CAMG	4	Pombal	15.02
10,85	Andreia	Crespo Oliveira	16-10-93	NDCG	1	Espinho	18.01
10,71	Vanessa	Henriques	21-01-92	GAF	10	Espinho	25.01
10,67	Silvia	Soares	23-03-92	GS-RC	5	Pombal	15.02
10,65	Sofia	Pereira	17-07-93	BA	5	Espinho	18.01
10,62	Eliana	Rocha	19-02-93	SFRAA	5	Espinho	11.01
10,55	Joana	Lopes	13-10-91	CLAC	10	Pombal	21.02
10,51	Sandra	Rodrigues	24-07-91	CBF	12	Espinho	31.01
10,46	Andreia	Pinto	16-04-93	CAMG	3	Pombal	06.02
(20)							
10,41	Joana	Araújo	05-01-90	SCB	14	Espinho	25.01
10,38	Teresa	Paulo	ANG 21-07-92	GRECAS	7	Espinho	18.01
10,33	Rosália	Costa	11-07-91	CFB	15	Espinho	25.01
10,28	Catarina	Amorim	03-05-92	GDL	2	Espinho	04.01
10,27	Ana Filipa	Silva	09-03-93	CAMG	4	Pombal	06.02
10,26	Filipa	Beleza Braga	05-05-92	FCP	17	Espinho	25.01
10,22	Ana Rita	Ferreira	28-01-91	ACDRA	4	Pombal	04.01
10,21	Anais	Baptista	25-06-94	JV	3	Pombal	06.12.2008
10,20	Cátia	Costa	29-04-91	MKED	13	Espinho	31.01
10,17	Ilizandra	Lopes	28-02-92	CFB	14	Espinho	31.01
(30)							
10,16	Carolina	Josefa	01-07-92	SCA	3	Pombal	04.01
10,12	Rute	Catarino	19-02-95	OCL	1-ex	V.R.S.António	11.01

Peso (4) (até 9,00) CNJ 9,80

13,45	Irina	Rodrigues	05-02-91	SCP	1	Espinho	24.01
12,90	Soraia	Ruas	07-01-92	ADREP	2	Espinho	24.01
12,55		Rodrigues			1	Pombal	07.02
12,49		Ruas			1	Espinho	17.01
12,20		Ruas			1	Espinho	03.01
12,06		Ruas			7	Pombal	28.02
11,89	Diana	Hernandez	01-01-93	GRECAS	3	Espinho	24.01
11,22	Ana Patrícia	Inácio	11-02-91	CAMG	4	Espinho	24.01
11,13	Vera	Pereira	25-09-92	ESSCP	5	Espinho	24.01
11,05	Ana Rita	Henriques	25-11-92	JV	2	Pombal	03.01
10,46	Carolina	Rodrigues	07-02-91	BA	2	Pombal	19.12.2009
10,38	Claudia	Ramoa	01-04-90	SCB	1	Braga	14.02
10,03	Ana Patrícia	Garrido	03-12-91	ACBU	8	Espinho	24.01
9,58	Cátia	Costa	29-04-91	MKED	10	Espinho	24.01
(10)							
9,52	Helena	Fernandes	15-03-93	CSPP	11	Espinho	24.01
9,46	Patrícia	Penteado	14-09-92	SCA	1	Pombal	03.01
9,41	Cláudia	Santos	07-02-92	SCB	12	Espinho	24.01
9,40	Sara	Santos	19.03.91	FCP	2-ex	Espinho	09.01
9,37	Cheila	Miranda	11-04-90	GRQL	14	Espinho	31.01
9,36	Anabela	Neto	25-03-91	SCP	p	Espinho	28.12.2008
9,36	Paula	Pontes	29-04-92	CDP	5	Braga	17.01

9,32	Ana Cláudia	Faria	11-04-90	ACDRA	p	Pombal	27.12.2008
9,20	Carla	Gama	24-11-90	SLB	p	Pombal	01.03
9,18	Joana	Esgueirão	01-01-92	GRECAS	5	Espinho	09.01
(20)							
9,18	Marta	Onofre	28-01-91	SLB	8	Pombal	07.02
9,08	Débora	Tavares	11-05-93	GCDS	5	Espinho	03.01
9,05	Cristiana	Cruz	15-06-90	SCB	2	Braga	07.02

Pentatlo (até 1900)

60 Bar(0,84)=altura=Peso(4)=Comp=800m.

3213	Carla	Gama	24-11-90	SLB	6	Pombal	01.03
			9,50-1,45-9,20-5,53-2.33,25				
2876	Anabela	Neto	25-03-91	SCP	1	Espinho	28.12.2008
			10,09-1,62-9,36-4,98-2,58,42				
2482	Ana	Correia	29-12-90	LIFC	2	Pombal	27.12.2008
			10,94-1,27-8,52-4,60-2.31,87				
2339	Nanci	Sousa	28-09-90	BA	3	Pombal	27.12.2008
			10,38-1,42-8,10-4,64-3.08,23				
2330	Ana Cláudia	Faria	11-04-90	ACDRA	4	Pombal	27.12.2008
			10,59-1,39-9,32-4,29-3.00,47				
2281	Márcia	Vieira	04-01-91	Lavra	1	Braga	04.01
			9,99-1,32-7,38-4,52-3.02,10				
2250	Joana	Araújo	05-01-90	SCB	2	Braga	04.01
			10,62-1,29-7,54-4,68-2.55,76				
2230	Cátia	Costa	29-04-91	MKED	5	Pombal	27.12.2008
			10,70-1,48-8,99-4,46-3.25,98				
2173	Cláudia	Godinho	07-06-91	ADRAB	6	Pombal	27.12.2008
			11,26-1,45-6,49-4,16-2.49,91				
2116	M ^a Inês	Tapadas	28-11-90	ADRAB	7	Pombal	29.12.2007
			11,13-1,33-7,33-4,09-2.48,76				

3.000 Metros-Marcha (até 20.00,0) CNJ 17.30,00

14.51,53	Liliana	Martins	20-07-90	GCAD	1	Espinho	24.01
14.56,73		Martins			2	Pombal	07.02
15.03,31	Daniela	Cardoso	15-12-91	BA	3	Espinho	17.01
15.10,38		Martins			5	Espinho	17.01
15.10,89	Rita	Rosa	15-03-92	ADRAB	2	Espinho	24.01
15.19,47	Andreia	Coelho	25-10-91	GDL	6	Espinho	17.01
16.43,34	Sabrina	Oliveira	29-05-91	Ind-S	5	Pombal	07.02
15.45,27	Sandra	Costa Monteiro	05-09-92	CAA	4	Espinho	24.01
17.04,30	Ana	Morgado Amaro	06-02-93	CPC	7	Espinho	24.01
17.12,51	Luciana	de Jesus	11-04-93	CAMG	5	Pombal	14.02
17.22,37	Daniela Cristina	Vasconcelos	16-04-92	CAA	5	Braga	17.01
17.30,73	Joana	Fortuna	27-07-91	CSGaia	6	Braga	17.01
(10)							
17.36,44	Marisa	de Jesus	11-04-93	CAMG	3	Pombal	19.12.2008
17.53,5	Agata	Mendes	25-07-95	GACV	3	Pombal	06.12.2008
17.56,05	Ana Bárbara	Canadas	19-11-93	CNRM	3	Pombal	03.01
17.59,45	M. ^a João	Brito	13-05-90	JAM	13	Espinho	31.01
18.03,67	Ana Marta	Mendes	29-08-92	UDZA	14	Espinho	31.01
18.18,25	Vanesa	Ribeiro	93	CAOV	7	Braga	17.01
18.26,17	Sofia	Almeida Silva	30-06-93	CAA	8	Braga	17.01
18.33,27	Joana	Machado	23-09-91	JAM	10	Espinho	17.01
19.06,6	Adriana	Vieira	17-07-95	GDPL	6	Pombal	06.12.2008
19.24,18	Antónia	Carreira	95	ASCV	1	Pombal	24.01
(20)							
19.29,8	Marisa	Oleiro	17-12-94	GDPL	7	Pombal	06.12.2008
19.37,19	Sónia	Faria	94	JDAL	2	Pombal	24.01
19.37,60	Joana	Marques	20-02-94	JV	3	Pombal	24.01
19.46,55	Mariana	Patrão	03-09-92	CAMz-VC	17	Espinho	31.01
19.52,0	Ana Elisabete	Tocha Ferreira	04-10-94	ASCV	1	Pombal	06.12.2008
19.54,8	Ana Raquel	Ferreira	27-10-94	UDZA	8-ex	Pombal	06.12.2008

4x200 metros

1.45,99		SLB		3 s1	Espinho	10.01
			Filipa Martins(92);Ungudi Quiawacana* (90); Nádía Gaspar (90); Carla Gama(90)			
1.52,51		ACDRA		4 s1	Espinho	10.01
			Eva Vital(92); Miriam Tavares(91); Eduarda Isidoro(91); Andreia André(91)			
1.53,51		JAM		1 s3	Espinho	10.01
			Andreia Carvalho(90); Catarina Silva(90); Nadine Leite(90); Catarina Amorim(92)			

4x400 metros

4.05,11	SLB	2 s2	Pombal	08.02
	Dorothe Évora(91); Carla Gama(90); Nádia Gaspar(90); Solange Fernandes(91)			
4.06,04	SLB	1 s2	Espinho	25.01
	Filipa Martins(92); Dorothe Évora(91); Carla Gama(90); Nádia Gaspar(90)			
4.08,72	GS-RC	2 s2	Espinho	25.01
	Sílvia Soares(92); Daniela Lopes(91); Rute Lopes(92); Cristiana Cunha(91)			
4.14,74	ACDRA	3	Pombal	15.02
	Susana Santos(90); Miriam Tavares(91); Joana Brito(92); Andreia André(91)			
4.16,70	CAMG	4	Pombal	15.02
	Nádia Silva(90); Ana F. Silva(93); Cyntia Silva(91); Catarina Vieira(91)			
4.17,04	JAM	3	Pombal	01.03
	Catarina Amorim(92); Nadine Leite(90); Marina Silva(91); Catarina Silva(90)			
4.25,97	ADRAB	2 s1	Espinho	25.01
	Diana Nunes(92); Catarina Nunes(92); Cláudia Godinho(91); M.ª Inês Tapadas(90)			
4.28,52	UDZA	3 s1	Espinho	25.01
	Joana Correia(93); Solange Henriques(92); Ana Marta Mendes(92); Olga Santos(93)			
4.29,99	BA	4 s1	Espinho	25.01
	Sara Dias(92); Liliana Cardoso(92); Soraia Lopes(92); Sofia Pereira(93)			
4.41,34	CAR-S	5 s1	Espinho	25.01
	Sarina Santos(91); Ana Carrelo(93); Renata Mota(91); Ana Martinho(91)			